



OAK PARK YMCA POOL SCHEDULE - August 1-August 21

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00-9:00am Lap Swim (All Lanes)	7:00-12:00pm Lap Swim (All Lanes)	7:00-1:00 Lap Swim (All Lanes)	7:00-12:00pm Lap Swim (All Lanes)	7:00-12:00pm Lap Swim (All Lanes)	8:00-9:30a Lap Swim (All Lanes)	
9:00-11:00am Water Aerobics No Lap Lanes	7:00-12:00pm 2 Sides Open	7:00-1:00pm 2 Sides Open	7:00-12:00pm 2 Sides Open	7:00-12:00pm 2 Sides Open		
11:00-12:00pm Lap Swim (All Lanes)		1:00-2:30pm Water Aerobics All Lanes			9:30-11:00am Water Aerobics <u>No Lap Lanes</u> No Sides	
		2:30-8:00pm Lap Swim (All Lanes)			11:00-12:00pm Lap Swim (All Lanes) 1 Side	
		2:30-5:45			12:00-2:00pm Lap Swim (All Lanes)	
4:00-8:00pm Lap Swim (All Lanes)	4:00-7:00pm Lap Swim (All Lanes)	Lap Swim All Lanes 2 Sides Open	4:00-7:00pm Lap Swim (All Lanes) 1 Side Family Swim	3:00-6:00pm Lap Swim (All Lanes)	<u>Family Swim</u> <u>12:00-2:00pm</u>	
1 Side Open for For Families	4:00-5:45pm 2 Sides Open 5:45-7:00pm 1 side lessons	5:45-8:00pm Lap Swim (All Lanes)	1 Side Open Exercise	1 Side Family Swim 1 Side Open Exercise		
1 Side Open for Exercise	1 Side Exercise	1 Side Open Exercise				

Regional Aquatic Director
Theresa Sheridan
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OAK PARK YMCA AQUATIC INFORMATION

SWIM LESSONS

Next Registration August 16

LAP SWIM

We ask that all be respectful of others and share lanes as needed. Lap Swim is available for those ages 12 and up who are continuously swimming end to end.

YOUTH SWIMMERS

All swimmers under the age of 13 must take the YMCA swim test prior to entering the pool. The test consists of 1/2 length on their front, 1/2 on their back and ability to tread water for 30 seconds.

Ages 4 & under: Must have a parent in the water with the child.

Ages 5-8 years old: Must have parent in the water with the child

Ages 9-11 years old: Must have parent on the deck.

Children under 52 inches tall who are not being directly supervised by a parent will be required to wear a lifejacket.

Water Aerobics Mon 9am-10:00am,10:00am-11:00am Wednesday 1:00-2:30pm Saturday 10:00-11:00am

Enjoy a great workout that gets the body moving. Each class involves both Aerobic activity and strength training.
